

Food Bytes

Child Hunger Does Not Take a Summer Vacation

Across the U.S., 1 in 5 kids does not know when and where their next meal is coming from. In North Carolina, 1 in 4 kids is at risk of hunger. These kids may not have access to enough food or to healthy foods, such as fruits and veggies. Hunger affects kid's ability to learn. It can also put kids at risk for being sick and other health issues. Learn more at <http://nc.nokidhungry.org>.

Many students depend on school meals. What happens when school is out? Summer Nutrition Programs fill the gap. These programs make sure that kids get the nutritious meals they need. All kids 18 and under can receive free summer meals. No registration or ID is required.

What can you do?

- Find nearby summer meals:
 1. Text "FOODNC" to 877-877.
 2. Call 1.866.3HUNGRY (1.866.348.6479).
 3. Visit www.whyhunger.org/findfood.
- Ask an organization or congregation to host a Summer Nutrition Program. Visit www.whyhunger.org/findfood to learn more.
- Volunteer for a Summer Nutrition Program in your area. You might help by transporting food or setting up or cleaning up a site. You could help with educational or recreational activities. Go to www.serve.gov/endhunger.

Menus for June 2015

[Insert name of Local Education Agency] Schools

Monday, June 1	Tuesday, June 2	Wednesday, June 3	Thursday, June 4	Friday, June 5
Monday, June 8	Tuesday, June 9	Wednesday, June 10	Thursday, June 11	Friday, June 12
Monday, June 15	Tuesday, June 16	Wednesday, June 17	Thursday, June 18	Friday, June 19
Monday, June 22	Tuesday, June 23	Wednesday, June 24	Thursday, June 25	Friday, June 26
Monday, June 29	Tuesday, June 30			
				

June

- National Dairy Month
- National Fresh Fruit and Vegetable Month



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>

Sources: <http://nc.nokidhungry.org>, <http://childnutrition.ncpublicschools.gov>